



NMCPHC QUICK HITS

Diabetes: Prevent, Delay and Control

Diabetes is a condition where your body does not make enough insulin or does not use it correctly. Insulin is a hormone that helps the body turn sugar, or glucose, into energy. When it is not used, glucose stays in your blood stream and can cause high blood sugar. If not managed properly, it can lead to health problems over time such as vision loss, heart disease, kidney disease and much more. Start your journey today to prevent, delay and control!

Types of Diabetes

There are three main types of diabetes: type 1, type 2 and gestational diabetes. Type 1 occurs when very little to no insulin. Type 2 develops when the body does not use insulin as energy like it should. Gestational occurs in some pregnant women when insulin is not used right and must be watched closely by a doctor to prevent injury to the baby.



U.S. Navy photo by Petty Officer 1st Class Jacob Sippel

Impact on the Fleet

Diabetes can decrease mission and fleet readiness:

- One in three people in the U.S. 18 years and older have prediabetes and most do not know.
- One in 10 people have been diagnosed with diabetes.
- At the age of 65 and older the risk increases to one in two diagnosed with diabetes.
- It is estimated over 1,200 active duty Sailors and Marines were diagnosed with diabetes in 2017 which can cause a decrease in mission and fleet readiness.

Prevent, Delay and Control

It is important to understand the health risks of diabetes. Type 2 and prediabetes can be delayed by making healthy food choices, losing weight, being active and not smoking. Pregnant women should get prenatal care early and have regular checks.

Tests and Treatments

An at home test can assess if you are at risk for prediabetes (or diabetes) and you should follow up with your doctor if your score is considered high. There are many ways to control diabetes if you are diagnosed including medication and lifestyle changes. Remember, all forms of diabetes, if not treated, can possibly cause long-term health issues.

Did you know: An estimated **30.3 million Americans** have diabetes and another **84.1 million** have prediabetes. According to the CDC, **7.2 million** people with diabetes are not aware they have the disease.

Additional Resources

- To learn how to lower your risk of type 2 diabetes visit the Chronic Conditions and Health Education Toolkit.
- Click here for healthy lifestyle behaviors that can help reduce your risk of diabetes and reverse the diagnosis.

